



HeartCare™ At Home

We focus on improving the transition of care when you shift from hospital to home and on proactively managing your care in your home. We educate you and your family so you can live with and manage the disease at home, preventing hospital readmissions.

The Goals of the HeartCare™ at Home Program Are To

- Provide high-quality care in your home
- Provide early interventions to prevent hospital readmissions
- Educate you and your caregiver in the management of heart failure
- Improve your quality of life
- Work collaboratively with your physician and our hospital partners to improve your recovery

Our specially trained clinicians visit you while you are still in the hospital, assess your condition and immediately begin to coordinate the healthcare you will receive at home. Once you are home, our clinicians will continually assess and monitor your condition and alert your physicians when problems arise. Visiting Nurse Health System also provides clinical support 24 hours a day, seven days a week.

Ongoing Heart Failure Care Includes

- Education and training for you and your caregiver, including a comprehensive disease management guide
- Assessment and monitoring of your nutritional status and dietary instruction
- Personalized medication reconciliation
- Remote monitoring if you are identified as high risk for hospitalization
- Daily reporting of weight, vital signs and oxygen levels
- Daily, weekly or monthly reporting to physician

Facts About Heart Failure

Heart failure occurs when the heart cannot pump enough blood and oxygen to support other organs. Heart failure is a serious condition, but it does not mean that the heart has stopped beating. Around 5.8 million people in the United States have heart failure and about 670,000 more cases are diagnosed each year. The most common causes of heart failure are coronary artery disease, high blood pressure and diabetes.

Early diagnosis and treatment can improve quality of life and life expectancy. Treatment usually involves taking medicines, reducing salt in the diet and performing daily physical activity. People with heart failure also track their daily symptoms and discuss them with their doctors.



VISITING NURSE
HEALTH SYSTEM

Common Symptoms of Heart Failure Include

- Shortness of breath during daily activities
- Trouble breathing when lying down
- Weight gain with swelling of hands and/or feet
- General fatigue and weakness
- Rapid or irregular heartbeat
- Congested lungs

Tips for Managing Heart Failure

- Keep records of your weight. Sudden or steady weight gain could mean you are retaining fluids.
- Eat healthy, low-sodium foods. Too much sodium makes your body retain fluids. In general, limit sodium to 500 mg per meal.
- Get regular physical activity. This will improve your blood pressure, help manage high blood pressure and diabetes, and help you maintain your independence and quality of life.
- Take medications as prescribed.
- Do not smoke, drink alcohol or take illegal drugs.

For more information about heart failure, visit the [American Heart Association](#).